

SHOPPING

Appetizer: Where do you shop most often & why? Entree: What kinds of suppliers provide the food to where you shop? Dessert: What kind of place to shop do you wish existed that doesn't?

Where do you shop most often and why? Hy-Vee, Pick n' Save [because of proximity. 🛒 Willy Street Co-op [because] they have organic food 🛒 Willy Street Co-op 🛒 Copps the food there is cheap and good. Asian shop. 🛒 I do try for variety (Japanese food store, Eastern European, Italian...) but I end up at bigger stores for most things. I do farmer's market in two locations. My own garden, my family's gardens. 🛒 The Willy Street Coop! 🛒 The farmer's market. It's near my house. Also, it's less expensive than nearby shops. 🛒 Because of my financial situation, Copps for basic supplies using coupons, West Side Community Market/Wed Farmer's market for fresh and meat at Sentry/Metcalf's. I belong to the Willy St. Co-op and shop for some specific items there. Yuh Wah for asian foods. 🛒 Vinnys! The Hunt 🛒 Woodman's [because] it is affordable. 🛒 Copps [because] is close. But I don't like it. I like Willy Street more. 🛒 Copps, Festival Foods, Hy-Vee 🛒 Aldi [because] it is cheap but reasonable quality 🛒 Hy-Vee [because] of convenience. 🛒 Whole Foods [because] I trust their fresh foods. Costco [because] I like their organic frozen vegetables & wild salmon; Local farmer's market - Fitchburg 🛒 Metcalfe's, Hy-Vee, Woodman's [because] parking ease. Farmer's market because close to home. Conservative prices. 🛒 Willy Street Co-op because it's close to home and eating organic food produced with fair labor practices is important to me. 🛒 J&P Market because it's one of the biggest Asian markets in Madison. 🛒 Metcalfe's because it is close to work 🛒 I shop at the co-op because it is close. 🛒 Costco-bulk; online; market; other 🛒 Dane County Farmers Market, Aldi, Copps, Trader Joe's, Target, and Woodman's 🛒 Woodman's-cheap and easy. Co-op - convenient but expensive and good quality. CSA - amazing supporting local farms and we love the food surprise every week. 🛒 Copps on the west side because the location is more convenient for me. I will go to specialty shops (e.g., Penzey's Spices or Bavaria Sausage when I need something special). 🛒 Metro Market - fresh and best selection. Woodman's - nearby and cheap. 🛒 The new Festival on the east side. 🛒 Capitol Centre, now Woodman's. 🛒 Capitol market in my building. 🛒 Willy Street Co-op - health food. Trader Joe's - affordable healthy food.

🛒 Metcalfe's, Co-op, Willy Street, Regent Street, Woodman's, Jenifer Street, Farmers Market, CSA 🛒 Woodman's - cheap. CSA - for most of our veggies 🛒 Trader Joe's - it's by my apartment. Willy Street - they have specific things I want. 🛒 Woodman's 🛒 Copps and Lee's Oriental on University Avenue because it's on my way biking home. 🛒 Regent Street Co-op because it is on the way to mom's house, has the food I want, and I like the staff. 🛒 Farmers market, co-op - good food from good people who treats producers well 🛒 Festival because I live nearby 🛒 Hy-Vee or Copps - close to home 🛒 Trader Joe's and Willy Street Co-op; Farmers Market 🛒 Copps near my apartment 🛒 Woodman's: 4 times/week because it is close, cheap, convenient. Co-op: every other week or weekly depending on season because of good produce and healthy options. CSA share during summer and fall. 🛒 Copps, Metcalfe's, Woodmans - the first two because of proximity to our house and the third because of ethnic variety and lower prices. All three provide quality that is very satisfactory. Costco is the fourth - why - very good quality at quantities so large seldom need to obtain them. 🛒 Dane County Farmers Market - Affordable, local food, grass fed/pastured eggs, pork, beef and lamb; Trader Joe's - preservative free bread, bGh free dairy, non-GMO BPA free cans, affordable, organic produce and raw nuts; 🛒 Woodman's 🛒 Westside Farmers Market - when I'm in town on Saturdays; Park Street Copps - close to home; Metcalfe's - local food, free Sunday paper; CVS - convenient 🛒 Where the best deals are and the closest to my home, food pantry 🛒 Woodman's - I can get in and out in 30-40 minutes, and the prices are affordable for staples. We shop at the co-op for occasional fruit & perishables. 🛒 Costco and Willy Street 🛒 Local supermarket, grocery store. It's convenient and the food is fresh 🛒 Metcalfe's-produce always seems fresher 🛒 Hy-Vee 'cause that's where my Mom takes me 🛒 1) Asian Market store for vegetables and olives; 2) Woodman's for everything else; 3) Fresh Market for discounted food items; 4) Trader Joe's for holidays 🛒 Woodman's because they have awesome selection 🛒 Local vegetable vendors for seasonal vegetables because they get limited fresh produce. 🛒 2/3 Woodman's (price); 1/3 Willy Streety Co-op (convenience, 5-minute walk principles 🛒 Market if is organic 🛒 Foor pantry: I'm unemployed, can't get work due to my criminal history even though I am not that person anymore. Also my food stamps got canceled. 🛒 Woodman's - low prices, broad selection 🛒 Woodman's - cheepest and best produce; Farmers market - cheap, quality and supportive 🛒 Capitol Centre Foods. It's closest to my apartment and they deliver 🛒 Homeless 🛒 Kwik Trip - cheap food. 🛒 **What kinds of suppliers provide the food to where you shop?** I don't really know 🛒 Farmers and organic food suppliers 🛒 Underground, Nature's Bakery, Future Fruit, Sassy Cow, Vermont Valley, Dreamfarm, Tipi Produce, Ness Alla, Just Coffee 🛒 Actually, I don't know. 🛒 Conscious (organic or non-GMO). But not perfect. I try to "know" my foods. 🛒 All kinds I bet. Maybe local. My husband is a location checker. He'll look through all the mustards to find the

most local one and I stand there and cheer him on. 🍷 Farmers 🍷 Organic from the continent. 🍷 Sadly I do not completely know. 🍷 All kinds 🍷 Kraft, Nabisco, Sysco, Nice 🍷 I don't really know. 🍷 some local suppliers, mostly national brands 🍷 I'm assuming that Costco, for example, is selective about their suppliers 🍷 Metcalfe's has many local vendors, one of the reasons I shop there. Same farmer's market. Shopping is social - walking, run into someone 🍷 Local farms and food preparers. Regional and national organic food companies. 🍷 Honestly, no idea. 🍷 Professional 🍷 Tipi Produce 🍷 For bulk - all kinds. For farmers market - all kinds of farms? 🍷 Local farm people 🍷 Small farms and big companies. 🍷 I don't know but probably large farms and other suppliers. 🍷 Not sure. Cysco and local providers, I think. 🍷 Big grocery suppliers. 🍷 good prices and I get food for [illegible] etc. 🍷 Home grown veg's. 🍷 Same as above. 🍷 Big ones. Little Ones. People that Grow It. 🍷 Suppliers from all over, but I was glad to see locally grown produce this morning. 🍷 Big food companies, some small local farmers. 🍷 Some local, some imported. Milk from a farm. 🍷 Local farms and meat producers/processors, and baking and dairy plus some national stuff, saltines for instance. 🍷 Producers and small farmers 🍷 Food companies and local farmers 🍷 Big suppliers 🍷 Supermarket and farmers 🍷 Meat. Bread. Milk. Eggs. 🍷 I wish I knew! 🍷 Whomever supplies the stores, from commercial large conglomerate enterprises to local grown and produced items (veg, breads, etc.) Sometimes we utilize farmers markets and the items located there. 🍷 Our garden, Pecatonica Valley (eggs, pork), Jordinal (beef), Sylvan Meadows (lamb), Gentle Breeze (honey), [Forgot Vendor] (maple syrup), Canopy Gardents (English cucumbers, tomatoes) 🍷 Variety 🍷 Not the best: Big Corporations that are out for the dollar and not my health. 🍷 Probably big distributors - Woodman's 🍷 Farmers and out of country 🍷 Farmers, Big name brands or corporations 🍷 Farmers, distribution trucks 🍷 Farmers truckers 🍷 Many large corporations 🍷 I need to recognize that I do not know the suppliers name or anything else in this field, but I read labels and sometimes I pick products made in Europe 🍷 Everything 🍷 The farmers supply to the wholesalers, the retailers buy from the wholesalers. Quite a few of them are also selling their own produce 🍷 Willy Street - many good; Woodman's - probably mostly bad :(though they do have some WI produce 🍷 local farmers 🍷 grocery stores, people who donate (neighborhood people), people who enjoy cooking at home (desserts, breads and give to the less fortunate) 🍷 local and national 🍷 Depending on season - preferably farmers 🍷 ? 🍷 large farm 🍷 WI 🍷 **What kind of place to shop do you wish existed that doesn't?** A grocery store that sourced mostly locally 🍷 I would like the co-op to feel earthier. This is hard to describe, but I have been to co-ops on the east coast or Iowa City, for example, that have a less glossy appearance and less wasteful packaging and more vegetarian friendly 🍷 A big food market w/lots of european products and different food stalls/restaurants, bars with wine & beer & specialty drinks & desserts 🍷 As a visiting scholar here, I don't know how to cook Western food. I do hope there is

a shop where the cook can show us how to cook some certain western food. :) 🍷 More bulk food where I bring our own containers. I like talking to the people who grow or raise what I eat. Direct. I'd love to get rid of shipping/packaging. 🍷 Oh geez. I don't know. I feel very content with my food choices. 🍷 Year-round indoor market 🍷 Mine 🍷 I am assuming that there is a place to shop. I just don't live near it or can afford to shop there. One with good produce. 🍷 Fish market, wild game meats, exotic fruit and vegetable shops 🍷 affordable local products 🍷 I wish a fresh vegetable and fruit market were available in my neighborhood. Copps Food doesn't cut it. 🍷 Don't eat dessert much, if you want a _____dessert to to Whole Foods. Never make dessert. 🍷 Small corner stores. More of them more evenly dispersed around the city that provide fresh high quality produce and yummy bread so everyone is in easy walking distance to fresh yummy food. Probably, no. 🍷 I rarely have an issue [illegible] things 🍷 More apricots! 🍷 Large, continual fresh market. 🍷 I wish to have lots of monster cookies. 🍷 A more affordable version of the co-op. 🍷 I could use organic/specialty store on the West Side. 🍷 Organic kit (like blue apron) of food to be prepared at home, but available in a grocery store. 🍷 An always-available farmers market with seasonal produce. 🍷 The Jenifer Street, co-op, banana sticks wrapped up in plastic and guerilla cookies, etc. 🍷 Everything grown fresh in Wisconsin. To support Wisconsin. 🍷 Healthy ethnic food groceries 🍷 Hmmm... We have an embarrassment of choices in Madison, but I do wish there were no food deserts. Everyone deserves high quality, fresh, affordable food nearby. 🍷 (Asha - age 6): Princess sparkle unicorn shop. (Kirana (age 8): Pastry shop. (Mama): Woodman's that offers samples to keep the kids happy. 🍷 A place within walking distance from home. 🍷 It does here! A well organized co-op that buys directly from producers. 🍷 dairy vending machines 🍷 More small neighborhood markets like on the east coast 🍷 Some small grocery stores (such as the Willy St. Co-op) closer to campus. 🍷 Eagle Heights. 🍷 A public market with local vendors 🍷 A permanent farmers market location where items come into one place so one would not have to go to different places on different days as is today. I understand the plus-minus of either way. IKEA. 🍷 Place where I could buy just enough for one person to eat. Not prepared foods but not a pound of meat, etc 🍷 A place where good, healthy food is cheap 🍷 A place that brought food to my door - or a traveling wagon within a block or two w/produce, etc. I guess that translates to a walkable Farmers Market 🍷 Down the road, a farm with things that are essential and seasonal only so that they are the healthiest! 🍷 A store that had real organic fruits and veggies and foods that were affordable close to where I lived 🍷 Fish market 🍷 A place that was set up in a fashion that involved animal categorization, like seeds (birds), nuts (squirrel), greens (rabbits), meats, etc 🍷 A place to remind me of my Grandmother who all her life was passionate about food and loved to make and share it with everyone else 🍷 Pie shop 🍷 I wish

everyone used digital scales and allowed to buy smaller quantities for one person without regridgerator 🍴 Maybe a daily outdoor market w/ everything (like in other countries), ideally also affordable 🛒 Piggly Wiggly 🍷 Once a month, people who are unable to buy or eat daily, there would be a grocery store with everything, including household products, you get \$150 worth of food free. Also, everyday there is a buffet you can eat free! 🍴 upscale Chinese food store 🍴 nothing in Madison 🍴 Something like CCF but cheaper w/ more selection and closer to my apartment 🍴 More selection, like Cub's 🍴 Nothing 🍴

RESIDENTIAL

Appetizer: Who do you eat with where you live?

Entree: Tell us something about the systems for organizing/cooking/eating in your home?

Dessert: What would make your residential food systems better?

Who do you eat with where you live? My daughter (dinner and breakfast). 21 children (lunch @ work at MCMS) 🍴 Myself, my husband, Brian, and our son, Ian 🍴 Either myself or a friend or date or my pet 🍴 The boyfriend. And our cat likes to sit on my lap during meals (but she's suspiciously good about not stealing) 🍴 My roommate 🍴 My housemate 🍴 I live alone. So I eat alone. 🍴 Usually just myself 🍴 I'm a vegetarian WHAAA! 🍴 My spouse 🍴 Myself 🍴 Significant Other 🍴 My mom. Sometimes a friend. 🍴 Spouse 🍴 I'm in the PACT program and they take me for food, etc. 🍴 Alone 🍴 I eat with John Neis, my border collies (and friends as often as possible). We live downtown Madison and also out in the country. I like eating outside. 🍴 Mom. Dad. Marie. Elizabeth. 🍴 My wife and grandchild, Caleb. 🍴 Mommy and Spook. 🍴 Mama. Daddy. Siblings. 🍴 Myself (Mom), Husband, and 3 Kids 🍴 My husband 🍴 My husband. Our family. 🍴 My husband and child everyday and a few neighbors and their kids about twice a week. 🍴 Yes. My friend's family. 🍴 Depending on the day: my wife, my wife & kids, my kids, my cats, myself, my phone. 🍴 My wife and my dogs at dinner. Breakfast on my own before they are up. Lots of fresh fruit, muesli, and yogurt. 🍴 My family: daughter and partner. 🍴 With my wife 🍴 With my loving husband 🍴 The TV - lunch and dinner. Breakfast - the radio. 🍴 I live alone, but often I will go out with my partner, savana, or best friend, Eli.

🍴 Two adults, two kids 🍴 No one 🍴 Husband & Friends 🍴 My fella 🍴 My friend 🍴 Girlfriend 🍴 My daughter. Parents-in-law. 🍴 Family 🍴 Family, west side 🍴 My husband 🍴 Breakfast and Lunch (Me & my kid). Dinner (Me, My Kid, Partner) 🍴 My daughter. My sister-in-law. 🍴 Friends and family 🍴 Me. Husband. 🍴 No one. I usually eat alone. 🍴 Yes and no. Mostly buy grocery. 🍴 My husband and my eight year old daughter 🍴 **Tell us something about the systems for organizing/cooking/eating in your home?** Buy food every two weeks (staples); Every three fresh veggies (and fruit) or my parents'; Cook, clean and regridgerate 🍴 We like to shop for local ingredients at the farmers market and plan our menu around "treasures" we buy 🍴 Try to eat what my body tells me to eat, listen to what it needs 🍴 We don't really have a system for organization. Whoever claims dibs on cooking that night does it, pretty much. Dishes are done by who doesn't cook. We try to make sure we eat greens/ something healthy with each meal. The cat supervises. 🍴 We eat out 🍴 Karen plans our meals 🍴 I usually cook once every 4-5 days and eat leftovers the rest of the week. 🍴 Buying groceries as a bachelor actually can be a real bitch. But I'm a solid cook and avoid eating out except for social occasions 🍴 I do most of the cooking. We shop together. I shop at the Willy Street Co-op for produce and festival foods or Hy-Vee for the nest. I prefer to buy local and organic 🍴 I cook for the week 🍴 Googling recipes and together we buy ingredients and cook 🍴 Usually Mom will come home and make dinner while I read, or talk with her about her day She cooks, we eat. 🍴 They visit everyday, etc. 🍴 Shop every two weeks on a Monday from Trader Joe's and a couple of things from the farmers market 🍴 I have a very organized dry goods pantry - dry bulk things like beans and grains and a lot of spices. This lays dormant most of summer and fall because we shop the farmers market all year and mostly chop & mix. IN the winter, we soak beans & cook. Willy street is our other mainstay for food. Especially chocolate. 🍴 Cook from scratch. 🍴 Prefer Weight Watchers eating with my wife. No Beef. Turkey, chicken, and fish primarily with vegetables and fruit. 🍴 Mom cooks. I eat 🍴 The kitchen belongs to Mama 🍴 I mostly buy ingredients and make as much as I can/have time for from scratch. Freezer is filled with foods made ahead for breakfast/school lunch. I do the cooking but the girls help when time permits. 🍴 One large meal crockpot cooking (1 or 2) every week or so; freeze leftovers 🍴 Thinking. Shopping. Cooking. Exploring. Newspaper. Trying New Things. 🍴 We have shared shopping lists and menus on Google Keep and we have a facebook group with our neighbors to discuss and plan group meals. 🍴 Read menu - buy materials for cooking - wash them - cook - taste - finish. 🍴 Systems. . . Not really any. Food goes into pantry. Food leaves inside teenagers. Occasionally there are leftovers. 🍴 We don't plan far ahead. We are random about when, where, and what we buy, and develop our dinner plan that day based on what we have, our schedule, our energy,

and the missing ingredients we could easily pick up. 🍌 At this time of year, I figured out what we're going to eat based on what's ready in our garden. I do most of the cooking with help from my family, although usually my daughter is doing homework and my partner is at work. 🍌 Usually I make simple food like rice, tofu, salad, and my wife makes meals more complicated food during the weekend. 🍌 We do not have any formal system, however usually my husband prepares "staple" meals during weekdays, like rice, pasta, etc. and I cook more "fancy" courses on weekends. We try to eat dinner together, usually lunch is out. 🍌 I'm not organized. 🍌 Because I live in an efficiency, I often stick to simple meals on my small stove: gluten free pasta, freshly fried tomatoes from the farmers market, sauteed in oil, is my go-to comfort food. 🍌 "Seat of the pants." We get home and say, "what should we eat tonight?" 🍌 Like items. Yet paired for efficiency like oils with spice. 🍌 Typically I (the wife :)) purchase the food and my husband cooks (grills) the meat & I cook the veggies. 🍌 I'm crazy about organizing in my kitchen and I love to clean and structure the kitchen on weekend mornings. 🍌 When we have food we try to eat once a day - healthy. 🍌 Take turns. 🍌 Prepare (if new, check online how to cook). Cook. Eat with my _____. 🍌 Thaw meat. Slow Cooker. Freezing Cooked Food. 🍌 Chaotic. Mom cooks 1/3, Dad Reheats 1/3, Take-Out 1/3. 🍌 Making food (meals) ahead to help with more healthy eating versus stopping for "fast food." 🍌 We Chinese have many kinds of flavor for food. Also we have many festivals. Recently, we had mid-Autumn festival which is also called moon festival on which day all family members will be together to eat "chinese moon cake" while enjoying the moonlight. 🍌 Mommy cooks everything. 🍌 1) Shop. 2) Do what can be done in advance. 3) Organize. 4) Cook. 5) Eat. 🍌 I cook and eat for myself most of the time, so I don't really exert myself much. Usually a single dish, in both senses of the term. 🍌 The less organic the better. Organic is expensive food for upper class people. 🍌 My husband gardens. I do research/find recipes. I cook, because I love to. We all shop together though my daughter hates it. 🍌 **What would make your residential food systems better?** start from scratch - seeds and plant outside. 🍌 More time to cook. 🍌 Full working garden. 🍌 Keeping track of when fresh veggies/fruits are going bad. We've been thinking of getting a whiteboard to keep on the fridge to write down when we buy fruits/veggies. The cat isn't good at reminding us. 🍌 Better options. 🍌 I wish my fridge had a better seal so that I could keep produce fresher for longer. 🍌 You know, a woman. But I ain't complainin'. I enjoy having buddies over and cooking 'em dinner. Also beer. 🍌 A year round food market for produce. I would like it located on the south side. 🍌 More money to buy food. 🍌 Affordable local options during the week. Better advertising of options. 🍌 I think if I could help Mom more that'd be fun. But I usually end up not (sorry Mom). 🍌 More input as to meal planning. 🍌 A waffle iron might fit me well, etc.

🍌 Packages for one person or more people to share it with. Food expires before I finish it! 🍌 We're really lucky in Madison... But more downtown garden plots would be great. There's a demand for local, walkable, community plots on the Isthmus. Willy Street is a gem. We'd eat out more often if the patio rules concerning dogs was less limiting. I don't understand why all of a sudden it's an issue. 🍌 All at one store. 🍌 For me, stop snacking at night. Drink more water. 🍌 Less expensive food. 🍌 If the kids do dishes and they don't get into fights while Mama is cooking. 🍌 To have 1 store with affordable, sustainably grown, preservative free, Dye free, artificial flavor free, BGH free, etc. farmers market food at 1 store, so I wouldn't have to drive to multiple stores. 🍌 More planning so both of us like what's cooked. Less food waste. 🍌 If we shopped more often and bought less each time. 🍌 If we had large sets of dishes and silverware we all could share for our shared meals. 🍌 Read menu according to internet page and do according to the steps. 🍌 Easier ways to store fresh food so it doesn't get lost behind everything else. 🍌 More time to prepare food. We usually eat at home with all fresh ingredients, nothing packaged or prepared. We like to cook but usually do something simple. I would like to do something special more routinely. 🍌 More larger scale growing of vegetables and dairy in or closer to the city. Eating co-ops (like Green Lantern...was 1970s). Otherwise I think it's pretty good. 🍌 More time to cook/shop food. 🍌 Possibly having a better pantry system so I always have good ingredients and matching recipes handy. 🍌 Composting opportunity, like being able to take food waste to community garden or something; I live in an apartment. Planning, prepping, unpacking, self-control, someone to eat with (I live alone and tend to eat whatever I cook.) 🍌 I'm lucky that I live downtown and am able to get to the farmers market on Saturdays to restock during the summer. When I lived outside of Madison, it was difficult to get organic foods at the store despite being surrounded by farms. 🍌 We need a planned ahead menu that would take the guesswork out of food prep. Prepping foods in advance would also be helpful/possible with this system. 🍌 Knowledge and space. 🍌 More choices. In the South we don't have major selections. :) 🍌 More accessible, local produce. More local potlucks. 🍌 More healthier foods at the food pantries. 🍌 Healthy food. 🍌 More practice. 🍌 A helper at home. 🍌 Routine shopping, cooking, (illegible). 🍌 Appropriate storage. 🍌 More storage and counters in the kitchen. 🍌 We prefer to use less oil and salt in cooking to get healthier food. 🍌 Eat a rainbow. 🍌 Avoiding waste. WAIT to buy!! Buy local foods. Eat fresh! 🍌 If I had a larger apartment I could have a table and not have to eat on my couch in front of the tv all the time. 🍌 Cheaper, healthy food. 🍌 My daughter is pathologically picky and dinners are a trial. She is in food therapy, if you can believe it. Maybe it will get better. 🍌

SECURITY

Appetizer: Tell us about a time when you or someone you know did not have enough food.

Entree: How could you get food if you could not afford to buy it? Dessert: What would it take for everyone to be food secure?

Tell us about a time when you or someone you know did not have enough food. I was working paycheck to paycheck and for a while only had a 1/4 full carton of almond milk, garlic, and jam. About a month ago I was in a not so good time, was homeless, and for 2 days I had no way of eating. I am a type I diabetic as well. In winter the food may be short for my family. When I was a student Kiddos at the community center I was in the high school and my fridge was empty. It was on the communism time in Europe when you could not find food in the stores. When I was in elementary school, my parents didn't earn enough money. I've been fortunate enough to only experience a lack of food because of my own poor planning. I think of camping trips or weekend getaways with friends where I forgot food for a meal. Helping to collect canned goods for St. Mark's Food Pantry. I stole my mother's checkbook when I was a child to buy food (she spent a lot on alcohol). I ate food from people's plates in restaurants and the places I could find free food. When I lived in Taiwan and I had no job, we sold CD's in the street for food. My parents grew up in The Great Depression. They stock piled canned goods in our pantry when we were kids. "Welcome to Americorps! Thanks for Your service! Here's your application for food stamps. We pay poverty wage so you know what it's like." I didn't for last 5 years and my parents house helped. My grandparents have cleaners. They are very poor. They live in India. Ashram life for 4 months. I was hiking far from civilization. I frequently talk to a man that goes by Shorty on State Street who I usually buy food for. When 19, often ate one meal a day - no money. I still worked but rent took a lot of money. Would do favors for people and they shared food. I taught high school in a food desert in Oklahoma. Many of my students went w/o regular access to food. When I was in university was food insecure at times (1970s). I see people asking for money often. I would guess some of them do not have enough food. Despite my efforts to help support him, my dad often forgoes eating regular meals. He eats limited quantities of beans to keep him full, but I always feel awful I can't do more to support him. I'm not sure I've known anyone who was really hungry or more

likely I have but wasn't aware. bad mood, unreasonable reaction. When I was in college I had to stretch my food dollar pretty far and I learned a lot of ways to make potatoes. There always seems to be a way. When I was in Cambodia. This has often been a concern while in college and between jobs. I have lots of medical issues. This impedes job security. My friends have helped with grocery gifts. I have also attended food pantries. I came from a very unhealthy family and was part of the first generation to obtain a 4-year degree. To do this I had to break away from the bad and unhealthy habits of my family members. Essentially I had to split off/away from them and do all of it myself. This has been very isolating, scary, lonely, and worth it. **How could you get food if you could not afford to buy it?** Have a good support system. My friend made me dinner a few times. (I was very lucky). Now I know about food pantries around town and free meal sites. I will plant vegetables in the garden or I will do work for farm to exchange food. Garden. Food Pantry. Give things for food (barter). Friends, at school, in the community, at free events, FOOD PANTRIES around the city. I was not in this situation yet but I am aware that you can use food banks and if you qualify also food stamps. Go to check events on campus w/ free food (but usually unhealthy). Food Bank. Get help from local, city or gov't programs. Ask for help from friends, families. Don't eat it. My grandparents have been farmers their whole lives. I've spent a lot of time helping my grandpa plant, tend, and harvest his garden. I feel fortunate to know how to produce my own food. Community supper, School (um... See above). Ask for help. Work in a place that might have food or grow food. Over four years now, for [illegible] Food banks/shelters. Ask friends. Clean. Farm it. Friends (maybe), food pantry (if you're feeling brave), dumpsters (if you can stomach it), Forests (if you know what you're looking for), Steal it (What are your options, really?). Food pantry. Grow oneself. family, friends, larger networks of support. My neighbors dog is really annoying. Food pantry, that church on the square. Eat at friends' house. Look in dumpster behind grocery store. Go to hotels with free breakfast, pretend to be hotel guest. Student food pantry, farm co-op, soup kitchens. Food pantry? Food stamps? Dumpster dive, food shelter, talk to friends & family, steal. Soup kitchen. Free bread is often donated at Panera on Thursdays. Often from family and friends, growing up, we would often eat at my aunt's. I'd start by asking friends. I'd like to think I could grow some, but never enough. I'd probably end up stealing it. call friends, local church, charity organizations. Food share is a service I've availed myself of in the past and would again in the future if necessary. The church. local food banks, churches. **What would it take for everyone to be food secure?** A government that doesn't limit the foods that can be accessed through foodstamps. Better minimum wage. My

own experience was a medical bill problem that put me in the red... Alternatively, better food market with cheaper foods. 🍷 That once a month, for unemployed and people who are having trouble to get work, are able to get \$150 of food free 🍷 Mark the types of food. Do not spray harmful pesticides 🍷 Everyone to get education and a good job (Kirana, 8); If there are rich people and poor people, if the rich people were wise, they would just give the food. If the rich people were wise, the poor people would trade for food (Asha 6 years) 🍷 Smarter sharing 🍷 1) A better distribution of wealth; 2) change at the mental level; 3) Change in the political arena 🍷 Food made affordable for all. Land to grow food/veggies 🍷 Awareness, cooperation, ration food 🍷 Give more information. Take some activities related to food secure 🍷 Our industrial food system is broken. We produce enough to provide for everyone on the planet 🍷 Our issue is distribution. Whether it's food deserts in cities or government subsidies of inefficient crops, we need to shift our priorities from profit to well being 🍷 Donate food. Give money to people. Planting gardens 🍷 Generosity...A sense of sharing 🍷 I find money on the streets because I still don't have a job; only a ten dollar bill 🍷 End selfishness and class divisions 🍷 Economic justice 🍷 Plenty of food 🍷 Empathy, interrupt complacency of wealth/privilege. Support farmers. Trust in people's asks for food - don't make people ask 🍷 No more meat production 🍷 A lot of food and kindness 🍷 For political systems that manipulate food systems to be ethical 🍷 Less wasting, less meat eating 🍷 Not using so much farmland to grow feed for cattle and more food for human consumption 🍷 Do something with food waste. Put it in the hands of people who need it. Encourage/support gardening. Teach people to prepare non-processed foods. 🍷 Fair agricultural policies. Increased access to nutritional options. Investments in small family farms. 🍷 Subsidize basic, healthy foods (not corn and beef) 🍷 Good question! 🍷 I think we would need a dramatic shift from a meat-based diet. It's an inefficient use of land. We also need to reduce inequality and ensure living wages for all 🍷 Guaranteed minimum income and/or ready access to open pantries. Most important: commitment from enough people to solve the problem 🍷 🍷 Lots more money for food share for one. Less dickish eligibility requirements and fewer hoops to jump through 🍷 Sending 1/2 of harvest to most necessary places. 🍷 Sustainable, local [illegible] 🍷

WASTE

Appetizer: **What foods do you waste? Why?**

Entree: **(Why) is it wrong to waste food? Side**

Dish: **Where does your food waste go? Dessert: What could we do to avoid wasting food?**

What foods do you waste? Why? Because I accidentally drop it, etc. 🍷 Vegetables because they have an expiration that always come up too fast 🍷 Vegetables. I'm sorry but it's true. 🍷 Sweets, they're not necessary 🍷 When I don't finish my lunch 🍷 Meat & dairy. They spoil before I use them. 🍷 I waste stems because we did not eat them growing up and I have not taken the initiative to incorporate them into my cooking 🍷 Green leaf usually 🍷 lettuce 🍷 Sometimes I waste vegetables & meats because I put them in the fridge with the intention to cook them, but I forget them 🍷 Most often bread or grain products, closely followed by produce. It takes me a while to eat breads. I've started freezing them to keep them longer 🍷 Leftovers. Not enough mouths in my house to eat all of them 🍷 Too milky tea 🍷 Stuff that's expired before Asha was born. (Kirana, 8 years) Because it's been expired for 6 years 🍷 We were helping a friend clean his fridge when he moved and we found some really old stuff 🍷 I try not to waste but when I do it's because I am rushed and mainly too fast 🍷 Unhealthy :(When I have too much (Mexican restaurant). Poorly prepared (usually my fault). Rotten 🍷 fresh beans 🍷 zero 🍷 fruit - can't eat fast enough 🍷 rice, squash, and green 🍷 ones I don't like, or things like crust on pizza. Also fish/fruit/veg that I don't eat in time so it spoils 🍷 thick parts of the lettuce because it's bitter 🍷 Very little of the food in my house goes to waste. There is the occasional vegetable that shrivels up before we can get to it 🍷 Beets we get CSA. Always get lots of them. Don't have enough recipes 🍷 Produce/scrap from produce because I don't use it takes time and effort 🍷 I tend to waste bread (moldy), milk (spoiled), and vegetables (rotten) 🍷 Lettuce. Because sometimes it gets left "too long" 🍷 Lettuce - never really crave it but figure I'll be more likely to eat it if it's in the fridge 🍷 Foods that are expired, have gone bad/rotten 🍷 Fruits. Milk. Overdue/out of date 🍷 Donuts (stale). I try and try to not waste food but sometimes I can't eat it all for many reasons 🍷 Try not to waste but portions bought in co-op or restaurant too large...Go bad before eaten, and therefore wasted 🍷 Try not to waste any but I tend to waste a lot of water. 🍷 Fruits and vegetables that have gone bad, sometimes lunch meat or bread also. 🍷 Spinach - I can't find portions small enough for 1 person so I don't eat it all before it starts going bad. 🍷 Produce, I never use it quick enough 🍷 Salad. I always say I'm gonna be healthy and then I'm not. :(🍷 Greens 🍷 Fresh vegetables/fruit, restaurant leftovers 🍷 Vegetables and fruits - they go bad before I eat them 🍷 Fruit and vegetables, especially pineapple. I'm too lazy to cut it up. My Mom makes fun of

me/gets annoyed at me if I buy pineapple. 🍷 I usually buy NOT to waste any food. After 4 or 5 days eating the same food I get bored or I am not mentally capable to eat the same. This week I wasted 1/2 of my wheat which I boiled. 🍷 Spoiled produce due to poor timing, planning 🍷 (Why) is it wrong to waste food? Because it costs a lot. 🍷 Because it is a waste 🍷 Environment, economy 🍷 It's disrespectful 🍷 Because some people don't have food 🍷 It isn't really. That's a really moralistic way of approaching resource management issue 🍷 Energy: Wasting food is like walking the wrong way on the escalator. Privilege: Food is an offering (No one has ever asked me this before) 🍷 Because it's wasting earth's and people's energy 🍷 hmm, will guilt change our faulty system (i.e. corn as fuel) 🍷 Food waste is bad because there are poor people who could use the food who are hungry. Those resources could have been allocated to somewhere in the world that is hungry. 🍷 Food production requires resource input, so wasting it is a loss of everything behind the food 🍷 Because it's wasteful and a slap in the face to those who don't have enough food to eat each day 🍷 Because food is so much more than nutrition. Because so many people don't have food. Because I should have exercised restraint while putting food on my plate. 🍷 Because you're supposed to eat it (Kirana) 🍷 Because it perpetuates American excess and its disgusting because some are dying from hunger. 🍷 Guilt. World poverty & hunger. Paid for it! "You killed an animal for THAT food!" 🍷 Because some other people starve and you're just wasting the good food you could be enjoying right now 🍷 waste of resources 🍷 some people don't have food 🍷 Yes, there are people that could be getting it (homeless) 🍷 Because we can compost it or recycle it 🍷 Food is vital to our survival. To waste it is presumptuous and evolutionarily backward. 🍷 Food costs too much money and lots of people hungry. 🍷:(🍷 There are many people who are starving in some countries. One should take only what they can eat. 🍷 There are people starving everywhere! 🍷 Because so many are hungry/don't have access to nutritional food 🍷 Because there are so many people all over the world who are going hungry 🍷 Waste money/resources. 🍷 Often people are hungry other places and there are a lot of poor people in the world. 🍷 Increasing global populations and decreasing natural resources (and food). Unethical/immoral 🍷 "Wrong" is an interesting word choice. 🍷 There is enough food for all the people in the world, but people still starve because the distribution of it is nowhere near equal. I throw away food that someone else could have eaten. 🍷 Environmental waste, elitist attitude, waste of money & resources 🍷 For that reason, it's wasteful. 🍷 Because people are hungry and we could better share the food. 🍷 I'm not sure 🍷 All of the energy used to grow the food all the water to grow it could have been used for something else. 🍷 Other people are starving. Waste of resources. 🍷 It's a waste of money, but other than that, I don't know why it's wrong. There are children starving in Africa, but there's

no way to ship food to them. 🍷 It is wrong to waste anything as a principle. 🍷 there is energy embodied in produce from transportation and fertilizer 🍷 **Where does your food waste go?** A plastic bag or else it will bring bugs, insects 🍷 In the trash 🍷 Garbage 🍷 Trash 🍷 Compost and garbage 🍷 The garbage 🍷 Trash can or compost 🍷 Dispenser, somewhere under ground, other food 🍷 our compost 🍷 I have a compost bin. The non compost goes directly to the county landfill 🍷 Landfill, unfortunately 🍷 trash - recycle 🍷 To the birds and the dogs outside my house, or else to my maid's goats. This is for all the [illegible], etc. 🍷 Either the trash or the compost (Kirana) 🍷 The Drain. 🍷 If organic, goes in compost. Mostly just goes in the dump. 🍷 to a big pile 🍷 garbage 🍷 compost 🍷 trash (some should probably go to compost but don't have that) 🍷 The disposal (apartment) 🍷 Garbage. We do not have a compost system. 🍷 Garbage 🍷 the landfill, my rabbits 🍷 The garbage or I try to give it away before it's bad. 🍷 Sometimes, the mulch pile or to the garbage, or my dog licks the plates. 🍷 Compost 🍷 to the trash 🍷 Garden, trash. 🍷 Down 🍷 Sometimes given to person in need. Sometimes given to squirrels/birds, etc. 🍷 Small garbage can. Hard to compost in studio apartment w/no garden BUT probably a way around this. 🍷 Landfill/garbage dump 🍷 Garbage :(My parents compost so I do that when I'm home. 🍷 In the garbage 🍷 To the dump 🍷 Compost and trash 🍷 The veggies & fruit go into a compost in the back to be used in the garden at home. Restaurant leftovers go in the trash. 🍷 Compost, trash. 🍷 In the garbage or to the squirrels and chipmunks and birds that live in my yard. 🍷 My food waste goes in the garbage bin 🍷 Compost 🍷 **What could we do to avoid wasting food?** Get Ramen Noodles or sales coupons 🍷 Be conscientious 🍷 More neighborhood shops, no need to buy for all week 🍷 Eat the leftovers 🍷 Serve yourself no more than you're going to eat 🍷 More efficient food defrosting technology would make it easier to cook things straight out of the freezer, so I would have to store them in a perishable form. 🍷 Many chefs are incorporating unconventional ingredients into food. But not everyone can eat out. Education. Culinary classes. 🍷 Simply be [illegible] 🍷 buy what we'll eat 🍷 We could: 1) Have more local food; 2) use "imperfect" produce items; 3) Compost; 4) plan meals 🍷 Plan meals, and keep a better record of groceries 🍷 Take/make less 🍷 Be more aware while selecting food. Use up older food first. Make good friends with my fridge, know what's in it. 🍷 Remember to eat it before it goes bad like Mama because she remembers (Kirana) 🍷 Compost, animal feeds, donate 🍷 Buy appropriate portions. Garden and pick and freeze what you need. 🍷 Get compost system 🍷 not buy too much of it 🍷 purchase less 🍷 eat more or plan better 🍷 allocated locations for compost or donations 🍷 compost/recycling options 🍷 Eat less. Seriously. Smaller portions. Easy fix. 🍷 Give it away when we know we have too much. 🍷 live cooperatively. Stop a culture of valorizing overwork

🍷 Again take less food. And only get what is needed. 🍷 Not cook or eat too much! 🍷 Don't purchase produce from Costco 🍷 Buy less, look at expiration dates more closely 🍷 Make a good plan, don't buy so much food, share with friends 🍷 Budget of think about what I buy and who's going to eat it 🍷 Facilitate "pay it forward" donations. Smaller portions in restaurants. Systems of redistribution where needed. 🍷 Share! 🍷 Promote buying smaller quantities of food so that people only buy what they will eat before it goes bad. 🍷 Planning meals better. 🍷 Plan our meals better 🍷 Only take what we want 🍷 Pay less attention to expiration dates and shop more often 🍷 Purchase only what is needed for 2 or 3 days at a time. Planning meals and shopping accordingly 🍷 Take smaller portions. Use it even past the sell-by date. Give it to those in need 🍷 Personally, shop more but buy less per trip. 🍷 1) Calculating better the meals versus the desire; 2) Eating with a different mental state (awareness); 3) Sharing food with others; 4) Understanding that many people on this planet have \$1 a day to live with. 🍷 Pick close to home - wild & home-grown 🍷 Promote city of madison residential compost program. 🍷

MIGRATION

Appetizer: Tell us about a food you prepare or a food you like to eat that has moved across the world. Entree: What are the social forces that cause or allow food culture to migrate? Dessert: What "foreign" food would you like to try?

Tell us about a food you prepare or a food you like to eat that has moved across the world. Coffee and spices like nutmeg. I love to think about their journey and histories as I enjoy their flavor. 🍷 I enjoy a variety of rices, most of which I believe had to travel across an ocean 🍷 I will take the tea moved across the world. 🍷 Chicken curry: An attempt to recreate how my Mom makes it. Each iteration is an iteration: closer or farther from the "best" of Mom's 🍷 I eat so many limes (because I grew up eating lime w/everything in Mexico). I also love avocado, but I'm trying not to eat it because of deforestation. It's hard. :(🍷 I like to prepare curried brats. 🍷 Pate, Bruschettas 🍷 Mandarin oranges 🍷 Coffee 🍷 Spaghetti and meatballs 🍷 Hummus. Love it. I believe this came originally from the Middle East 🍷 Russian Mennonite Borscht (from Germany, Russia, Canada, US) 🍷 I like simple Mexican

food like tacos. I have seen "mexican" food restaurants in far away places like Dublin, London and even in Bangalore India! 🍷 Tacos, pasta, keugle, pita/falaffle 🍷 Fried Rice (nasigoreng) - I love it because you can make it with anything and use up scraps 🍷 Chicken, Fish, Grits 🍷 Atlantic salmon grilled. I love to have my husband make this on the grill with sea salt and pepper. Just delicious 🍷 Mexican Cuisine 🍷 Tandoori unleavened bread 🍷 madalines 🍷 **What are the social forces that cause or allow food culture to migrate?** Social migration: People are fascinated by other people and each brings their own path of experience. 🍷 The more connected we are and the more the planet becomes a "global village" the more we are exposed to different cultures and cuisines. 🍷 An open mind and cultural communication. 🍷 In this example, my family's migration history. I'm a child of immigrants. 🍷 ME! I am a social force because I am an immigrant. When people migrate, they bring their culture with them. I like to share my favorite foods with people I love. I call myself a Mexican Snack Ambassador. 🍷 Economic need, health and agriculture codes. Does it have to be preserved, canned, pasturized, or sterilized to cross a border. 🍷 Starvation wars, markets 🍷 Money 🍷 Diaspora - Jewish, Chinese, Christian, etc. 🍷 People migrating, moving and cultures colliding. Social media is now a huge catalyst for food culture to "migrate" 🍷 Physical people migration due to economy, war, famine, perceived opportunity 🍷 Persecution, opportunity, religious freedom, revolution 🍷 Taste, convenience, and fun to eat! 🍷 Places that people live 🍷 People, culture, family traditions 🍷 Any event that causes a migration of people... marriage, neighborhood gentrification, acts of war which creates forced assimilation + refugees to neighboring countries 🍷 People migrating-in ancient times through invasion in modern times through looking for better opportunities and at all times thru trade 🍷 **What "foreign" food would you like to try?** alligator 🍷 Cassoulet in France. 🍷 An Australian meat pie. 🍷 Pie, ice cream, and cake I like to try. 🍷 Fermented fish from Japan and South Korea. 🍷 Preserved lemons! More persian recipes. New (to me) fruits and vegetables. (I am always torn between my love of 'new' food and thinking about food miles and eating seasonally. 🍷 Actual Hungarian Goulash 🍷 Kidney pie 🍷 Monkey brains 🍷 dura 🍷 I would like to try steak tartar 🍷 Durian 🍷 Taiwanese food cart 🍷 Perhaps food from Africa or native Australian food. 🍷 I have heard of pardan leaves from Thai cooking 🍷 Fruits from other countries 🍷 NOODLES 🍷 African food. 🍷 Korean BBQ sounds so yummy 🍷 Lutefisk-its foreign to me! 🍷 sushi 🍷

ELITISM

Appetizer: Is there a food you are "snobby"

about? Entree: When have you felt excluded by a style of eating or felt judged for your food choices? Dessert: Is there a food system in your life that you think should be more "tasteful" or less "fancy"?

Is there a food you are "snobby" about? Coffee and produce. I prefer high quality organic produce. 🍷 No 🍷 No - like all kinds of foods and willing to try new 🍷 Kind of. I'm more of a reverse food snob. I don't like it when people try to make certain things (i.e., burgers, pizza, doughnuts) too fancy. Also, there's no meal I'd ever pay more than \$30 for. 🍷 Cheese 🍷 Coffee! 🍷 Love cheese! 🍷 I always tend to hate on sweet/salty flavor combinations. I'm also snobby about tea. No Nestea! No Upton! 🍷 Beer. Chocolate. 🍷 Too many. I guess cheese is the biggest one. Also, cold cuts. 🍷 Tea probably. I'm very particular about a method of tea prep and I have to make my own and use a teapot and get the milk in the right order 🍷 I like plain fresh ingredients (but don't insist on organic or non-GMO). Don't like additives based on health history. 🍷 Yes. I enjoy sushi and have a semi-discerning palette for it. While I will sometimes eat grocery store sushi, I really appreciate good restaurant sushi. 🍷 Coffee 🍷 Ethnic food of the Asian persuasion. Must have the best Korean, Indian, Thai, and it has to be authentic. 🍷 Tomatoes 🍷 No, I'm not snobby in terms of judging some food better/more acceptable due to perceived quality/trend but I am very picky about food texture. No squishy foods (i.e., mushrooms, oysters, snails) 🍷 Sashimi 🍷 Anything with parsley. I have an intolerance and people tend to use it in everything. 🍷 Italian food. 🍷 Dairy products. 🍷 No more processed Trader Joe's 🍷 Chocolate, beer, fish 🍷 Beer 🍷 Tea- loose leaf ONLY 🍷 seafood 🍷 Edamame, waffles 🍷 Persian food; I order the same dish in every Persian restaurant; Adas Pollo with lamb shank and from it I can tell the quality fo the place; Adas Pollo is a rice dish w/chopped dates, lentils, and raisins; sweet & savory; yum. 🍷 visual 🍷 cheese steaks 🍷 No 🍷 FROZEN CUSTARD 🍷 Sushi 🍷 Beer 🍷 Beer 🍷 Italian food :) (specifically coffee and gelato) 🍷 That Blue Apron stuff is BS. But if it works, whatever. 🍷 I try to be snobby about not being snobby. Nonetheless, I find it difficult to be happy when my significant other is served hot dogs and potato chips for dinner at his memory care facility. 🍷 **When have you felt excluded by a style of eating or felt judged for your food choices?** At potlucks or going out to eat. I am

vegetarian and even in the 21st century people still do not get it. I get asked about protein sources and "do I only eat tofu?" or "what is seitan?" 🍷 The Willy Street Co-op 🍷 Not excluded but do see that others may look down upon some based on food choices or preference no matter what they are 🍷 A lot of vegans and vegetarians are judgy about meat eating. I've also experienced judgement for drinking diet soda. 🍷 Organic. Choosy about meat, animal treatment. 🍷 Between vegan friends. :) 🍷 Have food allergies so almost everyday. 🍷 I tend to not put butter on corn. . . Or bread. . . Or anything and people think it's weird! :(I just don't love butter, okay?! 🍷 1) Style of eating: I lived in S. Korea and Koreans are amazed that any non-korean, non-asian can use chopsticks, which is so silly and close-minded; 2) Food choices: having had an eating disorder most of my teens/early 20s, I really hate when people question my food choices and always feel judged if people comment on what I'm eating. 🍷 I usually feel judged around meat/no meat choices. Depends on who I'm with - it's so sensitive! 🍷 My mother is from a farming family in rural Ireland (Kilkenny). Her father used to be a bean farmer. It's super difficult to get vegetarian food there and my family are weird about it. 🍷 People think I'm stuck up or ungrateful when I can't eat wheat or caffeine or sugar when I just wouldn't feel good if I indulged (celiac) 🍷 When I was little, in elementary school, and my Mom packed me a Filipino lunch from my grandma's house. It was made of unripened papaya, sardines, fish sauce, garlic and onions, and kids teased me about it smelling bad. :(🍷 Younger/hipsters joining recovery dining afer the meeting. Suddenly after living as a disgusting addict they become embarrassed and [illegible] at diners with the old non-hip people that saved their life. I also spill food on my shirt. 🍷 When I was a vegetarian, meat eaters judged me and vice versa. 🍷 Yes. Madison restaurants that take themselves too seriously. It's just food! 🍷 At my job, all my coworkers are obsessed with counting calories and judging whether or not something is healthy/fit and it is a constant topic of conversation. One co-workers used to ask me everyday when I came back from my lunch break what I ate for lunch. Every single day. It made me uncomfortable so eventually I told her to stop asking. 🍷 When I won't eat the bread of a sandwich. 🍷 I still sense some judgement for becoming a vegetarian (pesc to be specific), but it does open up dialogue as it is partially an environmental choice. 🍷 Judged when I brough fish balls for school lunch. 🍷 Never. 🍷 My bad home-made pasta. 🍷 Dumpling house 🍷 sometimes people are critical at eating meat 🍷 Usually not... 🍷 Never! 🍷 When I am a Carnivore among Vegans 🍷 I am terrible with chopsticks and my friends made fun of me when I was in Japan. 🍷 When I was younger I felt excluded often in fine dining environments, mostly due to ageism (perhaps) and partially due to lack of confidence. 🍷 Well, travel to Japan with my Dad was tough due to food allergies: fish (including shellfish) 🍷 I lived in

India for a year and everyone assumed I didn't like spicy food. 🧠 When I didn't know what pizza rolls were 📱 Sharing an opinion or the internet. Haters gonna hate. The law kills, and grace brings life. 🧠 Only when I pay attention - not often these days. 🗑️ **Is there a food system in your life that you think should be more "tasteful" or less "fancy"?** Better Vegan Desserts 🍆 Yes, Saffron 🍲 Easy day-to-day home cooking 🧂 I don't understand the question and I won't respond to it. 🍴 Lunch seems hard to stop for. Not interesting enough. 🍷 Not sure 🍷 If food could be less expensive that would be great. 📱 People need to stop drinking shitty beer. 🍷 This is really complicated. We've been talking about it. I guess I feel like local food is getting a rep for being "fancy". Good ingredients need to be more available and accessible. 📱 I've always criticized my mother's cooking for not being tasteful enough. I feel kinda bad about it now. 🍷 My emphasis is on health and clarity, not tastefulness or fanciness 🍷 French food? That's a stereotype, though and I don't feel strongly about this question. 🍷 Brunch should not be served until (as late as) 2pm and stop being healthy. If you are eating after noon, it's lunch. 📱 None. 🍷 Restaurants should be less fancy. You can make excellent food with simple ingredients and processes. Dinner doesn't have to be \$50. 🍷 No. 🍷 No. 🍷 Salads are getting overly complicated. Simple, good ingredients work best. 🍷 Pizza should be more tasteful. 🍷 Juices/Juicing. 🍷 Slow-cooked pork 🍷 Everything involving veggies 🍷 Work café - more "tasteful" 🍷 seafood 🍷 Brownies - both 🍷 Flourless cake still tastes like cardboard. 🍷 More fancy - wine 🍷 I'd be curious to visit more "fine dining" version of Dairy Queen. 🍷 Most places should be less fancy. Take it down a notch. 🍷 no 🍷 I need more fancy cheese. 🍷 Willy Street Coop 🍷 Anything at Fresco, the restaurant 🍷 I don't like shoulding on myself or others. 🍷 That question sounds rather snobby. 🍷

SERVICE

Appetizer: What jobs have you or someone you know worked in a food service industry? Entree: What are the important issues in how we treat food service workers? Dessert: What makes a food service industry too small or too big?

What jobs have you or someone you know worked in a food service industry? Pizza Hut - delivery and made pizza 🍷 30+, yes. McDonald's as a teenager, kitchen worker, cook (including dishwashing), supervisor in healthcare facility (food service of course) 🍷 Sandwich 🍷 **What are the important issues in how we treat food service workers?** We need to appreciate how they make our food. Service workers are overworked and underpaid. 🍷 Once you put on a hair restraint people treat you differently... Take off the hairnet and you become "visible". Put on a hairnet and people talk "down" to you. Sad but true! 🍷 underpaid, disrespected, talked down to, no professional advancement opportunities, undervalued 🍷 **What makes a food service industry too small or too big?** Depends on how many customers service industry has. 🍷 Pay, benefits, opportunity for advancement, learning new skills! 🍷 Too much turn around. Not enough familiar faces. 🍷

SAFETY

Appetizer: What systems do you rely on to keep food safe? Entree: Tell us about a time when you had food that you felt might not be safe; did you eat it anyway? Dessert: Do you believe in the five-second rule?

What systems do you rely on to keep food safe? Keeping food cold as quickly as possible; using a sanitizing spray cleaner I make myself: vinegar, dish soap, tea tree oil, lavender oil, biodegradable enzyme solution, and eucalyptus oil all mixed together. It's awesome! 🍷 refrigerator 🍷 Food tasting laboratories and good manufacturing practices. 🍷 my fridge. my nose. What could be interesting to look into?: -Madison Feed Kitchen - Reap 🍷 **Tell us about a time when you had food that you felt might not be safe; did you eat it anyway?** There was a time I didn't know it was unsafe and ate food (not sure what) that was tainted and ended up in the hospital with nine days with salmonella poisoning which permanently damaged my gut and caused me a huge amount of pain and even [illegible] ever since (post-infections IBS). CLEAN FOOD IS CRUCIAL. 🍷 such a good question! 🍷 I personally have a bit of a thing about undercooked eggs. They are popular in a lot of "brunch" dishes but ever since a food poisoning incident (that

may not have been an egg's fault) a few years ago, I will not touch them. So I always special order that eggs are extra cooked when I eat out. . . but still, sometimes that doesn't relay back to the chef and being all Midwest Polite I suffer through a runny egg meal in silent, abject fear. 🙏 Seed to table program. What was served @ the Last Supper. What about other "last meals." What is most requested. 🍷 **Do you believe in the five-second rule?** Not anymore! Just read it's been proven to be bogus bit of folk wisdom... Plenty of germs on the floor!!! 🦠 yes! 🍷 (ABSOLUTELY) 🙏 The science says "no." Bacteria and viral particles have adhesion factors that make sure that they stick, right away, to whatever surface they contact. 🦠 It would be interesting (I think) to have an exhibit of items that are + are not food (but they both look the same!) exhibited next to each other. 🐟

MEDIA

Appetizer: Do you share photos of your food? Who with? How? Why? Entree: What roles do media (print, video, internet, etc.) play in (your) food systems? Dessert: Who is your favorite food celebrity? Why?

Do you share photos of your food? Who with? How? Why? Not often at all. If I do, just to a close friend. If I do, it is a food I have a story for. I don't send just to send. 🙏 I actually REALLY Do Not like it when people "post" photos of food they've made, eaten, seen or that their about to eat. Food...? Since when is what you had for breakfast something you think I'd like to see? - Confession - I sometimes take pix of beautiful food i'm about to eat But...I don't subject others to those pix. photos, Illustrations in cookbooks, gardening books - that's where fotos of food should go. 🙏 Not really! I heard it was an "Asian" thing so I didn't want to be the stereotype. SnapChat w/close family and friends. I enjoy showing them from time to time what I create in the kitchen 📱 Sometimes with family (via text) or friends (via FB) if I am proud of something I made (because I am not really a good cook) 🙏 Yes, but only on special occasions, I do it to brag. Photography. 📷 No-it doesn't interest me -I'd rather eat the food! 🙏 Rarely-but I send photos to Sarah Khan-my food partner-to show her what I am learning about foods 🍷 **What roles do media**

(print, video, internet, etc) play in (your) food systems? I avoid food blogs and other social media around food. I think they often make people feel bad about themselves by promoting certain foods over others, or if someone takes a picture of junk food, they only do because they won't feel judged by it. 🙏 I now rely on the web for recipes + cooking techniques, not cookbooks. I also look up reviews on Yelp for recommendations. 🙏 Online Recipes. Food Magazines, new inspirations. Especially if I see something delicious on facebook 🙏 I research gluten-free recipes, look up nutrition info online, and sometimes order delivery. 🙏 I rarely look at cookbooks, I just search for anything I'd like to make online. 🙏 I look up recipes online and then combine aspects of various recipes to make my own 🙏 little-only to find a restaurant 🙏 **Who is your favorite food celebrity? Why?** INA GARTEN!!! She doesn't try to be entertaining but I am so fascinated with her lifestyle 🙏 Melissa Clark. I am so sad we will miss her 🙏 Ina Garten because she's so comforting. And I like the way Tina Fey makes fun of her! 🙏 America's test kitchen. I love watching all the cooks on that show. Very informative. 🙏 Ramzi; from Kitchen Nightmares, because he is a drama queen, and a perfectionist 🙏 Swedish Chef. 🙏 Chicago-the city-I really discovered food there when I lived there in my 20's 🙏 Sarah K. Khan! I love her and her food! 🙏

BOOK FESTIVAL

Entree: What kind of food book do you wish that someone would write? Dessert: Tell us about an existing food book that has been important to you.

What kind of food book do you wish that someone would write? Hmm... Making packed lunches creative and interesting 🙏 I own about 400 cookbooks. Can really find anything you want anymore from novels on food to specialty cookbooks 🙏 I don't have a wish for this - so many, I just need to be aware of them! 🙏 Maybe it's already been done - a book about food from the crossroads of different cultures, how they combine, become something new 🙏 How to avoid GMO foods 🙏 A book about the story of artificial flavors 🙏 An inexpensive one 🙏 An edible one 🙏 A cookbook with instruction on techniques, like cutting and chopping 🙏 Simple recipes to cook at home paired with what kind of wine (or craft beer) to drink with them 🙏 How to get to know youth through FOOD. What food? How to eat it or how not to eat it. What to

call it. Where to eat 📖 How about a local food poetry book. I wrote a song Have Peanut Butter Sandwich 📖 More drinks for functional alcoholism 📖 Picture book with good instructions for beginners 📖 Standby magazines: Bon Appetit, and Gourmet, that I've kept since the 60s; There is a textbook on vitamins at the Steenbock that is constantly updated and I keep thinking I should look at it (it cost around \$85 and since it is revised often I don't want to buy. Now there are so many cookbooks from every corner of the earth. African and elsewhere. I'm not interested in standard cookbooks. If anything I need a course in interaction of various ingredients etc. that one gets in professional chef schools. 📖 Graphic Novel - Japanese Food 📖 What makes me happy? Rainbows on concrete from glass railing prisms on library rooftop in warm October sunshine. Magic poems that make warm meals appear on the table. :) 📖 A very simple book like Cooking for Dummies 📖 A cookbook for men venturing to cook for the first time 📖 Sharing food as a way of creating world peace 📖 An authoritative book on corporate agriculture and processed foods that bankrupts all the large food conglomerates 📖 What to feed bats 📖 A book about geeky food (think Star Wars, Harry Potter, Anime, everything) 📖 Maybe a book w/recipes and food lore/stories tied to descriptions of food in famous novels 📖 easy lowfat veggie dishes 📖 I want more food books about snacks. 📖 How to Eat Everything: Stems, Seeds, Bones, and Organs. Or something like that. Even very economical and conscious people throw away a ton of good food because of modern American attitudes and squeamishness. 📖 A book about why the chef and people who work in restaurants have such adversarial relationship 📖 Fish book; book on how we use squash 📖 How to fix common mistakes (i.e., too much salt not enough flavor, how to thicken soup, et.) 📖 White Fang 📖 Cookbook based on what's available for immigrants that's healthy 📖 An invasive species cookbook that would cover the area where I live. It has to be tasty. 📖 Food & Culture and racial equity 📖 A more healthful weeknight (non-entertaining) style book 📖 Ideal recipes and menus w/o addictive foods 📖 A book geared toward someone with dietary restrictions who is also a picky eater on a budget. Without much time to put to cooking. 📖 I can't imagine it. I have read a number of Michael Pollan books and I study agriculture in general, feel fairly sated on cookbooks. But I'm sure someone will come up with another book I'll want to read. 📖 A book capturing traditional methods of cooking food (not in a modern-day stove or oven, for instance) 📖 A cookbook that trace the history and contemporary practice of Native American foods and food cultures all across the US and illuminate the multifaceted and complex intersection between Native American food culture and other food cultures in theirs that would include yummy recipes (OR cookbook that features culinary and visual art by chefs who do both!) 📖 A garden-to-table book that would show me how to plan, build, and grow a

small garden from which I could prepare meals w/o having to go to the store (assuming typical kitchen staples are on hand) 📖 Cookbook that combines food art (food that is amazingly artistic); visual art w/food theme; and poetry that focuses on food plus many yummy recipes 📖 Contemporary Taiwanese (Fusion) Cuisine 📖 Anything besides microwave recipes; vegetarian as well 📖 I wish someone would write a cookbook that is funny, enjoyable to read but still works for a short attention span like me. 📖 A cookbook that explains the history and evolution of Chinese cuisine. "Chinese" cookbooks are usually a mish-mash of dishes from a huge variety of cultures, and I wish it was easier to learn more about the specific dishes without having to cross-reference multiple sources to make sure I'm not getting the most overly-simplified story 📖 "The weight I am at this exact moment is my perfect weight" What's the BEST food to eat 📖 Chile peppers are native to the Amazon, so they didn't come to Afroeurasia until after 1492. I want a cookbook that explores the first Chile dish from cultures all over the world, like Indian Vindaloo, Hungarian Paprika, and that Spanish dish I can never remember the name of. 📖 Maybe an exploration of how people cooked throughout the generations - how kitchen technology has impacted food science and family traditions. 📖 The ultimate deviled egg salad cookbook. 📖 Love all the history of food and history of cooking books that have come out in the last 20 years. 📖 Would love a state of the art book on Austrian-style desserts (not so sweet) with history 📖 Food by mood - how to eat to support balanced mood 📖 easy fish cookbook 📖 Various chocolate recipes that don't use a lot of sugar; chocolate and peanut butter, chocolate oatmeal bars, chocolate frosting 📖 zero 📖 Recipes from exoplanets! 📖 I would love a cookbook for Healthy fast foods. I have a broken ankle and cannot stand long. Also hard to cook with pain. Please make a book for people who need good food fast and easy (cheap would be nice). Thank you 📖 Aruyveda style cooking 📖 Vegan meals, my partner has allergies. Thus, we don't eat out. Don't know what she is getting. 📖 **Tell us about an existing food book that has been important to you.** Delancy by Molly Wizenberg; Restaurant starting with amazing recipes 📖 Joy of Cooking 📖 All of the Test Kitchen cookbooks. Also, Taste of Home cookbooks. 📖 MFK Fisher's The Art of Eating; The sensuality of food, the value of food in times of scarcity, the "personal" of food. Her narrative is so beautiful 📖 Deborah Madison The Savory Way - back in the early days of my marriage this was our go-to for vegetarian cooking (esp. because our [illegible] so recently [illegible] of Diet for a Small Planet 📖 Adell Davis health books 📖 Food of the Gods by Terrance McKenna - a journey through the history of ancient civilizations and the psychotropic compounds found in their diet 📖 Sauces by James Peterson 📖 Little Home in the Big Woods by Laura Ingalls Wilder 📖 The Cooks Illustrated Big Cookbook 📖 Michael Pollan Omnivore's Dilemma 📖 Moosewood Cooks at Home (and

especially the later versions of it); A to Z (seasonal recipes by vegetable in alphabetical order)
📖 My parents' ripped-up, falling-apart, loose-bound recipe book 📖 The Betty Crocker Cookbook has good recipes 📖 Green Chile is king - Dutch Oven Cookbook 📖 How to Cook Everything 📖 The Joy of Cooking 📖 I'm 91 years old - Have relied on Better Homes and Garden and Betty Crocker all my cooking years and still refer to them. I have many other books that I take from each - also the old 📖 Kitchens of the Great Midwest. Keep thinking about it. Relish. 📖 Betty Crocker's Basic Red Cookbook 📖 African food cookbook 📖 Unplugged Kitchen by Italian Author 📖 Vegan Cooking (I forgot the author's name) 📖 Cook both available on PBS 'Create' show 📖 Molly Katzen's Moosewood Cookbook and Joy of Cooking 📖 Cloudy with a chance of meatballs 📖 Wart's This is What Democracy Cooks Like is the source of several staple recipes at our house. Joy of Cooking's chocolate oatmeal bars were a nice source of Holiday fun - but now I am sick of them. 📖 Carrots & Pizza 📖 I can't think of any right now - maybe my mom's cookbook 📖 Moosewood Restaurant Cooks at Home. The first cookbook I really cooked seriously from 📖 There are so many, starting with kids cookbooks, I Hate to Cook, then the NYTimes, when I was first married, then Diet & Recipes for a Small Planet when I tried to be healthy. I used Jane Brody's books to cook for my kids and husband. Mark Bittman's books are helpful. Now I mostly use a big vegetarian cookbook but I don't know the author's name. 📖 Michael Pollan, Amy Franches..[illegible] 📖 Extreme Survival Meat by Tamarall? Song. This is how I get almost all my meat 📖 My Polish Cookbooks (for holiday cooking especially) 📖 Ornish - reversing heart disease 📖 "Oh She Slows" 📖 The Super Heroes. Super healthy cookbook. I gave a 10 year old friend and I the confidence to wreak havok on his Mom's kitchen. The results were surprisingly edible, if sloppy. 📖 Omnivore's Dilemma; Diet for a Small Planet 📖 Sally Fallon's Nourishing Traditions; Paul Pitchford Healing With Whole Foods 📖 Ina Garten 📖 Marylyn Amonds (sp?) recipe book 📖 I have a book about FODMAP diet. It has been very helpful in understanding some of what is going on in my stomach as well as having good recipes (minus the seafood recipes) 📖 I read Diet for a New America in high school, which was pivotal for me and highly influential though I no longer follow those food policing, vegan, it still affects my choices 📖 I don't really read food books, but I appreciate their existence 📖 All the Moosewood Restaurant cookbooks. Amazingly flavorful, largely vegetarian recipes that are straightforward and reasonably easy to prepare. 📖 Fast Food Nation, Omnivore's Dilemma, The Hungry Self 📖 Folklore Village Cookbook - it is full of wonderful recipes for all and wonderful memories for me 📖 Silver Palate - great approachable recipes 📖 Deborah Madison - don't enjoy your CSA box without one 📖 Michael Pollan, Ruth Reichl; Also the cookbook from a temple in San Francisco; I'd like to write my life's memories in food 📖

Julia Child's all the great French techniques. The Red & White old cookbook for housewives. Both of these help with bare bones. 📖 I have enjoyed Mark Bittman's books. 📖 FAVIKEN 📖 The Joy of Cooking. Obviously it's a classic cookbook, and a great resource for an enormous number of recipes, but it also contains a lot of instructions on basic kitchen skills, and growing up it gave me a wonderful sense of possibility. I remember opening it at random to a page on how to get and skin a squirrel. And suddenly, there was another option available to me, and possible event that wasn't part of how I lived my life. Not only could I someday eat squirrel. I could skin it myself. 📖 Fast Food Nation 📖 Food plants of the world. Sits on the coffee table. 📖 Betty Crocker Cookbook 📖 How to Boil Water by the Food Network. Contained several cooking basics and easy (but delicious) recipes that helped me learn how to cook something other than pasta. 📖 Church cookbooks 📖 Chiles to Chocolate - essays on new world foods; Joy of Cooking - science, practical; Moosewood and The Vegetarian Epicure - changed the world, vegetarian 📖 The "Too Busy to Bookbook" (easy and tasty recipes) 📖 MFK Fisher's work 📖 America's Test Kitchen (complete, show, huge cookbook) 📖 I developed a dairy allergy as an adult, so vegan cookbooks became very important to me. Oh She Glows; Isa Does it 📖 Laurel's Kitchen; Laurel's Kitchen Cooking; title is something that is for caregivers 📖 zero 📖 That Jack London story about starving in the woods 📖 The Moosewod Books 📖 The Joy of Cooking 📖 Elen has it in the kitchen. I don't remember her name. 📖

